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HALIFAX • TUESDAY, JANUARY 13, 2009

metronev

Celebrity Buzz

Fey strikes back in feud with Palin
pg 14



Strike vote looms for bus drivers

NEGOTIATIONS School bus drivers in Halifax could be on strike in two weeks.

Conciliator Ken Zwicker filed his report on negotiations between the NSGEU and Stock Transportation yesterday. That means the 290 drivers, mechanics and monitors, who transport 23,000 HRM students daily, would be in a legal strike position Jan. 27.

NSGEU president Joan Jessome said members are willing to return to the bargaining table.

METRO HALIFAX

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Lost voice of a rising star

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Does fighting belong in hockey?

Health pg 12



Recession proof your relationship

Learning Curve pg 10

Prof praised for his blog

Cleaning up

Get ready for more snow



Five-year-old William Mulligan helps his dad shovel the sidewalk next to their north-end Halifax home yesterday. The weather forecast calls for snow every day this week.

Convicted teacher still getting paid

Father of assaulted autistic child wants licence revoked

PAUL MCLEOD
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A teacher convicted of slapping an autistic student across the face is still drawing a salary, more than two months after being found guilty of assault.

In February 2008, teacher David Merrill Sheffield was in the Bedford junior high schoolyard talking to a 15-year-old autistic student who also has ADHD and suffers panic attacks. The student waved his mitten and got some salt in Sheffield's eyes.

Sheffield then reportedly hit the student on the right side of the face with the

"If the teacher cannot restrain from abuse of these children, then they should not be in the HRM system. I'm not going to stop until I see his licence revoked."

Father of boy who was assaulted

palm of his hand. The boy then ran away to find the principal, saying that he would get Sheffield fired.

Sheffield went on paid leave that day and was convicted of assault Oct. 28, 2008. He'll be sentenced Feb. 13. But the school board hasn't levelled any sanctions, and Sheffield remains on paid leave.

"I'm not going to be sympathetic with this because he's a teacher," said

the boy's father, who wished to remain anonymous to protect the identity of his son. "These special-needs children didn't ask to be the way they are. And if the teacher cannot restrain from abuse of these children, then they should not be in the HRM system."

"I'm not going to stop until I see his licence revoked."

Sheffield was charged

with an unrelated assault outside the school just six days earlier, and in March was charged with possessing unauthorized firearms.

The elected school board members must vote to fire or suspend a teacher without pay, and the teacher must have advance notice. Board spokeswoman Shaune MacKinlay said there wouldn't have been enough notice time to do anything about Sheffield's case at the November board meeting agenda, and there was no meeting in December.

Personnel issues are confidential, but the next time Sheffield could face disciplinary action is the board meeting on Jan. 28.

Court rules in favour of cap

RACHEL BOOMER
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INJURIES A group of injured drivers have lost their court battle to have Nova Scotia's \$2,500 cap on personal-injury claims thrown out.

The group, called the Coalition against No-Fault Insurance, took the province to court in 2004. Two of its members, Melissa Gionet and Anna Marie MacDonald, complained that the cap discriminated against them as women who would suffer more economically because of the cap, and as people disabled by their car accidents.

MacDonald was hurt in two accidents in 2003 and 2004. Gionet was seven months' pregnant when a 2003 accident left her unable to go back to her old job.

In a 94-page decision released yesterday, Justice Walter Goodfellow ruled the province has the right to set the cap as it did.

"It must be remembered that the challenged threshold does yield lower insurance premiums for all drivers, including those who are old, young or poor," Goodfellow wrote.

"People who suffer 'minor injuries' are not a disadvantaged group in society such as the deaf."

In November 2003, then-premier John Hamm put a \$2,500 cap on all but the most serious pain and suffering claims. Hamm's move came after skyrocketing car-insurance rates left voters screaming for relief.

ShareYourViews
halifaxletters@metronews.ca

Need another reason to butt out? Smoke Free Nova Scotia says quitting is a great way to cut down your risk of house fires. If you must smoke, do it outside, keep matches or lighters away from kids and run butts under water before you throw them away. **METRO HALIFAX**

Stamp out house fires by quitting smoking

Local



Seeing red in Toronto

Planning to be in the centre of the universe before Feb. 10? Toronto restaurant Scaramouche is offering lobster from southwestern Nova Scotia on its menu, as a nod to the struggling industry. It's a bit more than \$5 per pound, though — \$52 per person for a lobster, three appetizers and dessert.

METRO HALIFAX

Housing fight hits the street

PAUL MCLEOD

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A vacant lot on Gottingen Street is an unusual place for a news conference, but for Megan Leslie, it helped illustrate a point.

The lot opposite the North Branch Library is supposed to hold an affordable condo development. But non-profit landowner Creighton-Gerish hasn't been able to follow through on its plans.

"This land has been owned for years, and we're standing on it and there's no housing because we actually need the money to build that housing," said Leslie, the Halifax NDP MP.

At the conference yesterday, Leslie called on the Conservatives to include a "massive" investment in affordable housing in their Jan. 27 budget.

She brought together spokespeople from the development, construction and environmental communities to make her case for the far-reaching benefits of affordable housing.

"If we had a budget released on the 27th that aggressively invested money



Halifax MP Megan Leslie stands in a vacant lot on Gottingen Street after a news conference yesterday. Leslie is calling on the government to make a massive investment in affordable housing.

in building affordable housing, we would create jobs in the construction industry. That would be great for our economy," said Leslie.

"But in addition to creating jobs, it would also help alleviate poverty."

Leslie said building affordable homes serves the double benefit of boosting the economy and the GDP, while allowing us to reduce our carbon footprint

with greener buildings.

Peter Greer of the carpenter's union argued that investing in infrastructure would give a much-needed boost of activity to the trades sector.

"We don't want the construction industry to fall into disrepair like it was in the early 1990s because, as you know, the skill shortages that we have now in many ways relate to the fact the construction in-

dustry collapsed," said Greer.

"Nobody was trained. Nobody wanted to take an apprenticeship in the trades. As a result, we have critical shortages."

Leslie said affordable housing would be a main priority of a Liberal-NDP coalition government, and two NDP members will be consulting with Finance Minister Jim Flaherty this week.

Jewish author urges action against Israel's Gaza tactics

GAZA Jeff Halper is used to a little controversy: He's an Israeli Jew who's opposed to Israel's tactics.

"It's unusual to have an Israeli who's critical of Israel and supports Palestinian rights, especially with the war in Gaza going on," he told Metro yesterday.

The anthropology professor and author is in Halifax on a tour

to talk about the violence in Gaza. He will be speaking at Dalhousie University tonight at 7:30 p.m.

He said the Israeli offensive response to a Hamas attack is to be expected since Palestinians tried to negotiate but cannot end the Israeli occupation.

"So finally, it all blew up in a resistance. I don't blame them, I blame Israel for starving the people in Gaza," he said.

Halper's controversial views given his background — an American who has lived in Israel for 35 years — are being well-received so far.

"Everything is slogans: Arabs are terrorists, Israelis are somehow the good guys," he said. "I think people appreciate it when somebody comes in and tells them how complex everything is."

He spoke

with a number of students — including Jewish students — at the University of King's College yesterday.

Halper said he's encouraging Canadians to pressure their government to confront Israel.

"The international community, including Canada, has to tell Israel the occupation is simply not acceptable and there has to be a Palestinian state in the occupied territory. Without that, Israel won't do it by itself."

Something needs to be done, he said, because the current situation isn't just affecting Gaza, it's "messing up the whole world."

"This conflict has to be resolved for everybody's good," he said.

JENNIFER TAPLIN / METRO HALIFAX

Revenue minister gets plenty of budget tips

JENNIFER TAPLIN

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The top dog at the Canada Revenue Agency is hearing a lot of suggestions on how to help out the economy.

Jean-Pierre Blackburn, the minister of national revenue, was in Halifax yesterday to speak to the Certified General Accountants Association of Nova Scotia.

His topic was the new tax-free savings accounts, but in an interview he discussed the federal budget which will be unveiled later this month.

Blackburn said he's been doing a lot of consultations with people in his riding in Quebec who have come up with some ideas: Cancel the two-week waiting period for employment insurance benefits and extend benefits when there are massive layoffs, as well as a credit for people who renovate their homes.



Jean-Pierre Blackburn, minister of national revenue, spoke to members of the Certified General Accountants Association of Nova Scotia at the Halifax Club yesterday.

"And everyone around the table said they need to see the government invest heavily in infrastructure with projects that can start now," Blackburn said,

adding he will forward these suggestions to the Finance Department.

What he didn't hear was any suggestions to lower taxes to stimulate the economy.

"Probably they didn't say it because they already know that we decided one year ago that some taxes would be reduced," he said.

Tax-free savings

Blackburn outlines benefits

Jean-Pierre Blackburn, minister of national revenue, said the new tax-free savings account is the most popular initiative since the RRSP.

"As we say in French, it will be the account chouchou," he said.

Blackburn spoke of the benefits of the account to a group of accountants in Halifax yesterday.

The tax-free savings account came out of last year's budget and take affect this year.

The contributions aren't tax deductible, but the investment income won't be taxed even when it's withdrawn.

There's another difference from an RRSP: you can take the money out at any time, for any purpose without penalty.

METRO HALIFAX

News in brief

CORRECTION Due to an editing error, yesterday's front-page photo incorrectly identified Rainmen forward Eric Crookshank as forward Rob Sanders. Metro apologizes for the error.

ENERGY A planned \$55-million wind farm in Point Tupper has received conditional provincial approval. The project would see the development of a 22-megawatt wind farm under its power purchase agreement with NSP. **METRO NEWS SERVICES**

metronews.ca

WHAT'S ONLINE TODAY

Video A Montreal plan to boost business for horse-drawn carriages could be killing the industry at metronews.ca/canada

Video Allan Small on why 2009 is the year to make the most of your RRSP contribution at metronews.ca/canada



Mayor upset Newfoundland omitted in Ignatieff's tour

St. John's mayor Dennis O'Keefe is angry federal Liberal leader Michael Ignatieff skipped Newfoundland and Labrador in his cross-country tour, which kicked off Thursday in Halifax. Ignatieff's staff told CBC he'll get to St. John's another time. **METRO NEWS SERVICES**

Cop honoured for heroism

Officer evacuated residents of an apartment building that was on fire

JENNIFER TAPLIN
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A police officer who broke down doors to save residents from an apartment building fire was commended by his boss yesterday.

Sgt. Greg Mason happened to be the first person to respond to a fire call at an apartment building on Albrow Lake Road in Dartmouth early one September morning last year.

"I tried to extinguish the fire using the fire extinguisher in my police truck, but the fire was too big," he said. "It just gained strength again."

The fire department was on its way, but at the time Mason was on his own.

Mason banged on ground-level windows to rouse the people inside, but he wasn't getting any response. He forced the front door open and went to the apartment closest to the fire — it was vacant.



Sgt. Greg Mason received a chief of police commendation yesterday for his role in rescuing tenants from an apartment fire in Dartmouth last September.

"Then I assisted other people getting out of their apartments and I made my way up to the top floor

where there was a woman and two small children who weren't able to get out because there was a

mattress on the floor blocking their door," he said.

Mason kicked the door

in and helped the family get out.

He said the adrenaline was pumping, but he focused on getting everybody out.

"Really, I wasn't thinking about it," he said. "If the fire and smoke had been intense enough to keep me out of there, then I would have had to wait for (the fire department)."

There were spots in the building Mason couldn't reach because the smoke was too thick, but luckily no one was seriously injured.

Yesterday, the 39-year-old officer was given a chief's commendation by Frank Beazley, chief of police.

"I don't know anybody who doesn't like to be acknowledged for their work, but like everybody else here, that's not the reason why we do it," Mason said.

"It's a little embarrassing to be singled out, to be honest."

Man dies in snowmobile accident

JENNIFER TAPLIN
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FATALITY A 44-year-old snowmobiler died on the weekend.

RCMP responded to the scene of an accident on a groomed snowmobile trail in East Folly Mountain in Colchester County on Saturday night. It appears Fraser Ritchie Barnhill lost control of his vehicle and hit a tree, the RCMP said.

Paramedics, firefighters and RCMP officers used a snowmobile and a four-wheel-drive vehicle to retrieve the injured man from the scene of the accident, which was eight kilometres away from the nearest road.

Barnhill had chest injuries and he went into cardiac arrest as he was being transported to the QEII hospital in Halifax. He later died.

Colchester RCMP said speed and alcohol were both factors in the accident.

Bell Aliant lays off 500 managers, 100 in province

JENNIFER TAPLIN
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BUSINESS Bell Aliant is laying off 15 per cent of its managers, or around 500 people, to deliver a "more nimble and efficient organizational structure."

The company released the news yesterday.

In Nova Scotia, 100 managers will lose their jobs over the coming weeks.

"In 2009, we will build on our strengths and with our new organizational structure, we will accelerate our ability to deliver

"The leaner management structure will bring all employees closer to customers, allow for faster decision making and reduce costs."

Karen Sheriff, Bell Aliant president and CEO

results for our customers and investors in more competitive and sustainable ways," said Karen Sheriff, president and CEO of Bell Aliant.

The layoffs equal five per cent of the company's overall workforce.

"The leaner management structure will bring all employees closer to

customers, allow for faster decision making and reduce costs," Sheriff said in a statement released yesterday.

"Changes like this are never easy but are necessary for Bell Aliant to continue to be successful in meeting the needs of our customers and investors."

Tenants forced to move out of Maritime Building

JENNIFER VARDY LITTLE
New Glasgow News

SAFETY All but two tenants of New Glasgow's Maritime Building have just over a week to move out.

A fire marshal's order gives 17 total actions that building owner Cohen MacInnis must complete in order to make the building habitable.

They include: Electrical violations, lack of emergency lighting and exit

signs, exterior exits that are cluttered with storage, snow and ice, no fire alarms, and issues with the heating system.

Lawrence Mason, owner of Mainstay Security and Investigation, says there are serious problems all over the building.

He's moving out of the building because, he says, there's no heat except for a portable heater, no power and non-winterized windows — patched with duct tape and insulation

— that let snow and cold air into his suite on the fifth floor.

"Cohen said he was going to change the building for the better," said Mason. "That's why we moved in, not for the cheap rent. But we haven't even had power since we moved in."

Mason said it's so cold in his suite, his employees have been working from home, and some of the office equipment no longer works.

LEGENDARY HOCKEY HEROES

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Billy Smith (HOF)
Bryan Trottier (HOF)
Dale Hawerchuk (HOF)
Gary Leeman
Bob Bourne
Cliff Ronning
Ron Hoggarth (Referee)
Rod Black (TSN) ...and more!*

Trottier
Leeman
Shutt
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One of the last three remaining British veterans from the First World War has died at age 108, the British Ministry of Defence said yesterday. Bill Stone, who joined the Royal Navy in 1918, died at a care home in Berkshire in southeast England on Saturday. **REUTERS**

Canada/World

Canada's human-rights policies to be blasted?

AMNESTY Canada could soon find itself "named and shamed" as a country that violates human rights in an upcoming United Nations review.

Close to 50 submissions blasting Canada — on everything from the state of indigenous peoples to problems with immigration policy — have been filed with the Geneva-based United Nations Human Rights Council as part of a new review process for UN nations.

"To be criticized doesn't mean Canada has joined the worst of the worst (abusing nations)," said Alex Neve, secretary-general of Amnesty International Canada,

"As a general rule, Canadians are proud this is a country that believes in human rights."

Alex Neve, Amnesty International Canada

of Canada's review that begins Feb. 3.

"But as a general rule, Canadians are proud this is a country that believes in human rights and do want our governments (federal, provincial and territorial) to do the right thing."

TORSTAR NEWS SERVICE

NAFTA unlikely to change: Harper

TRADE Prime Minister Stephen Harper said yesterday he does not expect the new U.S. administration to push for a major reworking of the North American Free Trade Agreement, despite president-elect Barack Obama's campaign pledge to rene-

gotiate the deal.

Harper said it would be a big mistake to tear up the 14-year-old agreement between the United States, Canada and Mexico and put up new barriers to trade at a time when the world economy is in crisis.

REUTERS

News in brief

OLYMPICS Vancouver unanimously passed a motion yesterday to ask the province for permission to borrow \$458 million to fund the completion of the 2010 Winter Olympics athletes village, CBC News Online reports. Council will ask the premier to convene an emergency sitting of the B.C. legislature.

AVALANCHES The body of one of two men buried by the B.C.'s most recent avalanches has been recovered, while officials wait for safer conditions to recover the victim of the second slide. The two Sunday avalanches brought the death toll from B.C. slides this winter to 13.

METRO NEWS SERVICES

President George W. Bush, winding up eight years in office, expressed regrets yesterday over policies blocked by Congress, weapons of mass destruction not found in Iraq and the harsh political tone in Washington.

But he defended his actions during one of the biggest debacles of his presidency — hurricane Katrina of 2005 — and said history would be his judge after he leaves the White House on Jan. 20.

"You know, presidents can try to avoid hard decisions and therefore avoid controversy. That's just not my nature," Bush said in his final news conference before turning power to his Democratic successor Barack Obama.

Bush, by turn wistful, reflective and defiant, conceded that mistakes had been made.

The "Mission Accomplished" banner as the backdrop for a speech on an aircraft carrier in May 2003, less than two months after the invasion of Iraq, was "clearly" a mistake, he said.

"It sent the wrong mes-



JONATHAN ERNST/REUTERS

U.S. President George W. Bush addresses the media during his final news conference in the Brady press briefing room at the White House in Washington yesterday.

"Not having weapons of mass destruction was a significant disappointment."

George W. Bush

sage. We were trying to say something differently," Bush said.

The Abu Ghraib scandal of U.S. soldiers mistreating prisoners in Iraq that shocked the world "obviously was a huge disappointment during the presidency," Bush said.

In recent years, an increasingly unpopular Iraq war weighed down Bush's public approval ratings, which took a further hit from the economic downturn.

"Not having weapons of mass destruction was a significant disappointment," Bush said.

REUTERS

U.S. back Israel; Gaza death toll passes 900

PALESTINE Israel won renewed support from its main ally — the United States — yesterday when President George W. Bush said a ceasefire to end its offensive in the Gaza Strip de-

pended on Hamas ending its rocket fire on Israeli towns.

As the Palestinian death toll passed 900, troops tightened their grip around urban areas in search of elusive guerrillas. Prime Minister Ehud Olmert said Israel would pursue the 17-day-old war as long as it took.

Troops and tanks, backed by warplanes and helicopters that mounted more than 25 air strikes, probed guerrilla defences around the city of Gaza, wary of snipers and booby traps.

Hamas fighters kept largely out of sight, firing

Hamas

• Hamas's leader in Gaza made a rare television and radio broadcast from a secret site, promising "victory is at hand."

several rockets into Israel and bracing for an all-out assault that may yet come.

As diplomats worked on a truce plan, an Israeli army spokesman said the army had yet to launch a much-heralded "Phase 3" of the war.

REUTERS

Mafia 'fan clubs' concern activists

ITALY Leading Italian anti-mafia activists expressed alarm yesterday that Facebook pages dedicated to praise of some of Cosa Nostra's most notorious and bloody bosses have attracted hundreds of young admirers.

"Fan clubs" of such jailed mafia bosses as Bernardo Provenzano, arrested in 2006 after nearly four decades on the run, and Toto Riina, nabbed in 1993 after 24 years at large, have appeared on Italian pages of the social networking site.

REUTERS

News in brief

IRAN Mohammad Khatami, who won presidential elections in 1997 and 2001 with landslides, yesterday gave the strongest signal yet that he was considering running in this year's race for the Iranian presidency.

SRI LANKA Thousands marched in the funeral procession of a

slain Sri Lankan newspaper editor in the capital Colombo yesterday, demanding the government punish those responsible to ensure media freedom and democracy.

NEW YORK Accused swindler Bernard Madoff will be allowed to stay in his Manhattan apartment under house ar-

rest, a U.S. judge ruled yesterday, rejecting a government request to throw him in jail.

TURKEY Police found several explosives and bullets in Ankara in a probe linked to coup plot allegations yesterday, the state Anatolian news agency said.

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Comment

A moment Canada can savour

NationalReport



Lawrence Martin

“**D**rumroll please,” came the American TV man’s deeply sarcastic voice, announcing the location of Barack Obama’s first foreign trip. “It’s Canada.” What a letdown! What a bore!

Many expected the new U.S. president to open with something exotic. Maybe South Africa to see Mandela! What a jump-start message that would send the world.

But slumbering Canada? How does that constitute change? Most every U.S. president, George W. Bush being an exception, has come here first.

Never mind though. We’ll take the honour. In the case of the most celebrated incoming president in decades, what an honour it is.

The media focus will be off the charts. The Obama

visit could well set the new tone for this administration — accommodation in dealing with foreign countries as opposed to the confrontation that marked the Bush years.

“This is the beginning of an initiative by the president,” said Gordon Giffin, a former ambassador to Canada, “to be followed around the world by the new secretary of state, that we’re back in the mode of listening to our friends and co-ordinating with our friends, as opposed to sitting in Washington and instructing our friends.”

Obama will likely address

Parliament and, in so doing, set the stage for a much improved relationship with Canada. He can hardly do worse than Bush, whose Department of Homeland Stupidity has continued to put up barriers along the border between two of history’s greatest friends — even though we’re now more than seven years past 9-11.

If the Obama administration is aiming for a new era of trust, this continent is a good place to start.

Stephen Harper will be looking, as any politician would be, for an opportunity to share in the Obama

glow. Being a conservative, having been in sync with a good portion of the Bush philosophy, it wouldn’t normally be an easy thing to do.

But the dismal economic conditions are already forcing a liberal turn on the prime minister. The deficit spending and the stimulus spending to bolster the economy reflect what Obama will be doing south of the border.

Moreover, the president and the prime minister can make headway on what they have both talked about — a cap-and-trade system to combat global warming.

Given the energy security needs of Washington, Harper will have some clout at the table. If the president wants to wade into protectionist waters, the PM need only mention our oil and gas riches.

All in all, the visit sets up ideally for Harper. Like Bush, he has brought an arrogant and confrontational attitude to governance.

Now, by basking in Obama’s new way, he has a chance to pretend it never happened.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Dropping the gloves on fighting in hockey



Ken Campbell

CON

I just got off the phone with Mike Sanderson. He told me beautiful stories about a 21-year-old honours student who would do anything for a friend or a teammate. Then he told me how he and his ex-wife looked at each other New Year’s Day and decided to take their son off life-support and how they stood by his bed while he took his last breaths a couple hours later.

Don Sanderson is dead because of a meaningless hockey fight in a meaningless game that was already decided because hockey has this ridiculous code that requires teams that are losing to “send a message.”

Let’s take a different message instead. Let’s use this incident to ban fighting at all levels of hockey, including the NHL. Let’s never allow anyone to go through what Mike and Danna Sanderson are enduring again.

I have long believed it would only be a matter of time before a player died in a fight, and someday it won’t be in a senior league game in Brantford; it will be at centre ice at Madison Square Garden or the Air Canada Centre.

And it is all so meaningless. If fighting is such an important part of the game, why does play stop when a fight breaks out?

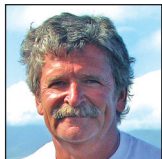
There may have been a purpose to fighting at one time, but the reality is that fighting has become nothing more than a creepy sideshow for blood-lusting voyeurs. It’s apparently supposed to protect skilled players, but what is accomplished when two goons go at it after a star is hit?

And if it’s supposed to keep players honest and prevent them from clubbing each other with their sticks, isn’t that the biggest indictment of all on hockey? The game is incapable of policing itself, so the players have to do it?

The culture of violence that surrounds this game is astounding. Without fighting, hockey would be every bit as intense, hits would be every bit as hard and the competition would be every bit as fierce.

Hockey can keep its fighting spirit without keeping fighting as a blight on the game.

Ken Campbell is a writer for The Hockey News.



Jim Van Horne

PRO

I don’t consider myself to be a violent person. In fact, I’m a lover, not a fighter. I hate violence of any kind.

Except when it comes to hockey. Give me a hockey fight between two willing and able combatants and my blood gets goin’.

I have been watching hockey my entire life. I had the privilege of covering the sport at the local and national levels for more than 35 years. I’ve been to Stanley Cup finals, world championships, world junior championships and the Olympics.

I love the sport, and I believe that fighting is part of the game. It’s been an element that teams have used for intimidation, protection and even winning. Today’s hockey fights are different than they were before the original expansion in 1967-68. Back then, fighters were also players, fulfilling a dual role. Not only could

they scare you with their fists, but with their skill as well — John Ferguson was a prime example.

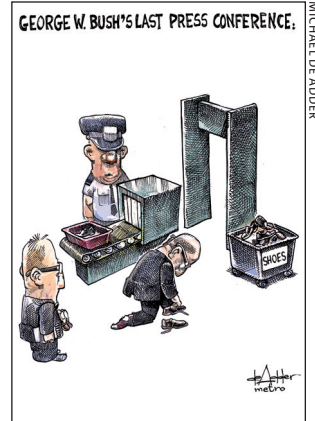
The first game I went to at Maple Leaf Gardens featured a major brawl between the Maple Leafs and the Blackhawks. I think Pierre Pilote was one of the fighters. It was in the penalty box, and Frank Mahovlich climbed the glass to separate the combatants. I’d never seen anything like it, and until that time it was one of the most exciting things I had ever seen in my life.

It’s a part of the game fans absolutely love. There is nothing that brings them out of the seats faster than a good knuckle-chuck.

Yes, it was a fight that resulted in the recent death of the Whitby Dunlops’ Don Sanderson — a terrible, senseless loss — but it was an accident. Players do not go on the ice with the intention of killing each other. I can’t remember another incident where a player died as a direct result of a fight. Unfortunately, drivers are killed racing cars, mountain climbers die pursuing their passion and divers drown when they go too deep. That doesn’t mean these sports should be banned.

Fighting is part of hockey, always has been and always should be.

Jim Van Horne is a veteran Canadian broadcaster.



MICHAEL DE ADDER

Letters

This is not a time to build a \$52-million head office

What is Nova Scotia Power thinking of when it wants to build a \$52-million head office at a time when power bills are rising?

This is not justified by any means. If they have that kind of money to make a nice nesting place for themselves, then I see no reason why they should be allowed to make us pay more for power. The cost of fuel has gone way down, so where is the reasoning for the Utility and Review Board to allow any increase?

I, for one, wonder — do these guys have big stock options in the power company?

Think about it. We are being taken to the cleaners.

CARL PETERS, SACKVILLE

It’s your turn to tell others what you think. E-mail your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender’s full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Downloads of the public test version of Microsoft's new Windows 7 operating system began on Saturday, after the "beta" launch scheduled for Friday was delayed to add more servers. Microsoft also eliminated its 2.5 million download limit. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

BAILOUT General Motors' chief operating officer says the company hasn't taken up the Canadian government for emergency loans, as it seeks to clarify the conditions that would be attached to borrowing \$4 billion from the federal and Ontario governments.

TAKEOVER Air France-KLM clinched a 25 per cent stake in Italy's Alitalia for 323 million euros (\$525 million US), giving the Franco-Dutch airline wider access to Italy, Europe's fourth biggest travel market. Alitalia will be relaunched as a smaller, regional carrier. **REUTERS**

Credit tight, sentiment low

Lending conditions in Canada worsened considerably in the fourth quarter and overall business sentiment is at its lowest level in at least a decade, two Bank of Canada surveys showed yesterday.

The central bank surveyed senior loan officers at 11 major banks and senior management at about 100 businesses.

The mood was deteriorating, "as the effects of

the international financial crisis and the weak global economy intensified and spread to domestic demand," the bank said.

The pessimism had some bankers predicting the Bank of Canada will opt for a half-point cut in its key lending rate rather than a less aggressive move Jan. 20, with Charmaine Buskas, senior economics strategist at TD Securities, predicting the bank could

trim 50 basis points.

The loan officers reported two-thirds of companies felt tighter credit conditions, compared with 44 per cent in the third quarter, both in terms of price and in terms and standards.

Business owners were pessimistic as well: Three-quarters think inflation will stay below the central bank's two per cent target in the next two years.

REUTERS

THE DAILY BUSINESS BUZZ

Bartering an economic option:

With the economic slowdown, bartering may become a popular option since it cuts cash expenses and conserves cash flow, says Chris Guildford of Dartmouth-based Barter Atlantic Ltd., which boasts 165 members and 8,000 transactions completed in 2008.

NewPage to cut 150,000 tons:

NewPage Corp. announced that it plans to take approximately 150,000 tons of market-related downtime during the first quarter of 2009. There is no word on how that might affect the Port Hawkesbury mill. In a news release, the coated paper manufacturer said specific operating and curtailment plans, as well as timing, were still to be developed.

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Liberal

Dartmouth East Liberal Association Annual General Meeting

Thursday January 22, 2009

Place: Fairbanks Centre

Location: 54 Locks Road

Registration: 7:00pm Meeting: 7:30pm

Guest Speaker: Senator Jim Cowan

In order to be eligible to vote you must ordinarily reside in the riding of Dartmouth East and be a member in good standing of the Nova Scotia Liberal Party on or before December 23, 2008. Current members whose dues are in arrears by not more than a year as of January 22, 2009 may renew their membership during registration.

Size matters in the trading world

STUDY British researchers found traders with the longest ring fingers made three times what their less-endowed colleagues earned. Testosterone exposure in the womb can determine finger length — as well as concentration and quick reflexes. **REUTERS**

Oil can't rouse from slump

ENERGY Oil settled down nearly eight per cent yesterday, dragged below \$38 US by the growing impact of the economic recession on energy consumption.

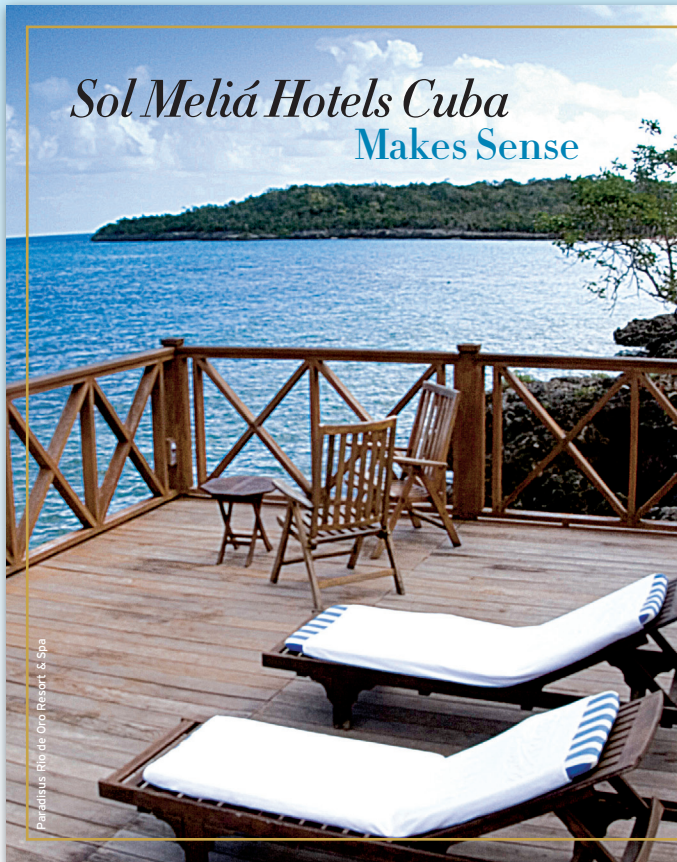
The market seemed unresponsive to good news that OPEC members may cut production by a further 300,000 barrels per day,

and that heating oil demand in the United States will climb above average this week due to cold weather.

"Look at what the market is ignoring ... that's really indicative of the state of oil demand," said Phil Flynn, an analyst at Alaron Trading in Chicago. **REUTERS**

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business 7

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA



Financially fit

SmartCookies



While we might not be sure of the economic outlook for 2009, one thing we can be sure of is there are certain habits we should all be developing right now to take us through good times and bad. Here are some of the best ways to keep your head above water in 2009.

Scrutinize Spending

Have a gym membership you never use? Overspending on eating out? Overboard on giving gifts? The numbers don't lie. Track your spending for one month (minimum) and at the end of the month take a hard look at your spending.

Become your Own Advocate

Make 2009 your year to advocate for lower interest rates on all of your loans.

Pay the Taxman Less

If you have not done so already, now is the time to open your Tax Free Savings Account. If you have lost money in the stock market, which most of us have, you can also write off that loss

against your taxes.

Save 20 per cent on Your Entertainment Costs

Most of us spend an average of \$500 a month on meals out and entertainment with family and friends. Lowering that cost by just \$100 a month would save you \$1,200 a year. Simple ways to do that include packing your own lunch and using two-for-one coupons for movies and day trips.

Start a Money Group

For us, the key to financial success began with our Money Group. Whether it is with your better half, your friends or your family, setting a regular time to make a spending plan, review objectives and brainstorm ways to make more money will help you reach your financial goals faster and ensure you stay on track — and have fun doing so!

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small



This is the year to make the most of your RRSP contribution. Read this week's column at metronews.ca

Converting RRSPs to RRIFs

Q I am approaching the age limit for retirement. If I convert all my RRSPs to RRIFs, how much capital gains tax will I pay? Secondly, what happens to my investments? **Sian**

A Many seniors have difficult decisions to make, particularly with losses in their pension plans savings and withdrawals. New rules have increased the age from 69 to 71 years old for collapsing your RRSPs. This effectively gives individuals two more years to contribute and delay withdrawals. Generally, individuals at age 71 with RRSPs have three options: 1. Withdraw entire amount and pay the tax; 2. Buy an annuity; or 3. Convert to Registered Retirement Income Fund (RRIFs).

According to Jose Lomonaco, a financial ad-

MoneyMatters

Henry Choo Chong



choochonghcg@yahoo.ca

viser with Edward Jones, "RRIFs are the most popular choice." You will have no income taxes to pay at the age of 71 if you choose to buy RRIFs or annuity.

With an RRIF, your investments can remain intact. The annual minimum requirement must be withdrawn and reported as income on your return. Lomonaco advises that you maintain your portfolio — individuals must deregister and transfer "in kind" the shares to a non-registered investment account.

Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.



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The NHL Winter Classic drew the biggest American TV audience for a regular-season game in nearly 34 years, NBC said yesterday. The Red Wings' 6-4 win over the Blackhawks at Wrigley Field on New Year's Day attracted an average of 4.4 million viewers on NBC, the most since a Flyers-Rangers game on Feb. 23, 1975. **METRO NEWS SERVICES**

Sports

Rice, Rickey headed to Cooperstown

Boston Red Sox legend Jim Rice, left, was elected to the Baseball Hall of Fame on his 15th and final try yesterday, while Rickey Henderson, right, made it in his first year of eligibility. Rice retired in 1989 with 382 home runs and 1,451 RBI in 16 seasons. Henderson, widely regarded as the best leadoff hitter ever, played for the A's, Yankees, Blue Jays, Padres, Angels, Mets, Mariners, Red Sox and Dodgers over 25 years and holds Major League Baseball's career records for runs and stolen bases. **METRO NEWS SERVICES**

JOHN.CHICK@METRONEWS.CA

NBA RESULT

Raptors 109 | Celtics 115



The Toronto Raptors waged a fierce battle last night, but fell 115-109 in overtime to the Boston Celtics in the second leg of a home-and-home series. Paul Pierce led all scorers with 39 points, including eight in OT, as Boston swept the two-game set.

Andrea Bargnani was brilliant in a losing cause for the Raptors, pouring in a team-high 23 points. The Italian forced OT with a three-point basket with one second remaining in regulation.

METRO NEWS SERVICES

Gaudet not picked up by TFC

SOCCER Toronto FC has decided not to exercise its option on the contract of Derek Gaudet, a midfielder from Bayside. The 19-year-old made his Major League Soccer debut this past season, appearing in 27 minutes of a game in September while on a development contract with the club.

METRO NEWS SERVICES

Anthony leads Sea Dogs

MATTHEW WUEST
matthew.wuest@metronews.ca

The Saint John Sea Dogs began the year with the slogan "our team, our time." While that slogan has since been shelved, Steven Anthony isn't throwing in the towel.

The Halifax native has been thrust into a prominent role with the Sea Dogs after the team ended its bid for a championship at mid-season, trading off veteran standouts Chris DiDomenico and Alex Grant as part of a youth movement.

He kicked it into high gear on Sunday, recording a franchise-record six-point game in an 8-1 win over Gatineau and earning QMJHL offensive player of the week.

"With a lot of those guys gone, I feel like the offensive production is now put more on my shoulders," the former Dartmouth Subways star said. "With more pressure, I play harder."

The 6-foot-2, 205-pound forward had 21 points in his first 43 games, but has eight points in two games since the trade deadline. He's on the top line with

fellow Subways grad Michael Kirkpatrick and new acquisition Olivier Ouellet.

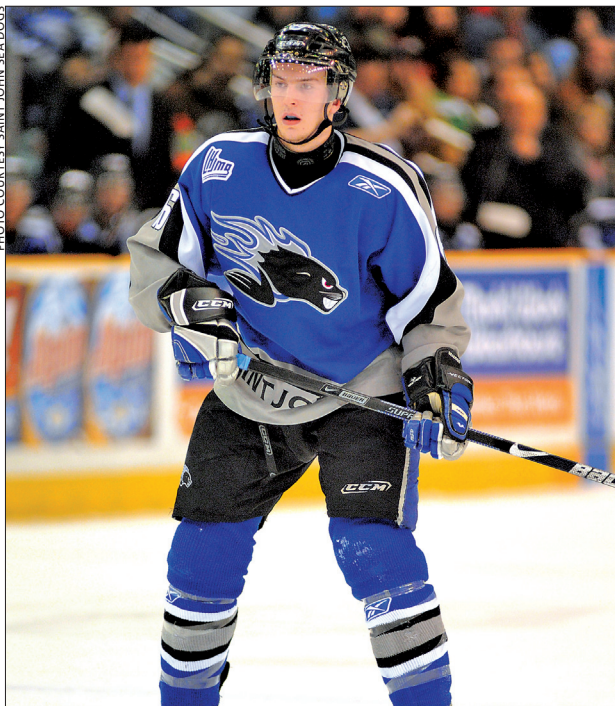
He's getting prime time on the power play, too, and all of this is a positive for Anthony, whose play in the second half will determine if he is selected in June's NHL draft.

"I've always been wanting to have the puck more on the power play, and now, with Grant and DiDo and all of those guys gone, I'm being put into more roles," the 17-year-old said. "Hopefully I can take this and run with it."

It hasn't been an easy time in Saint John. The franchise's jarring change of direction prompted Sea Dogs head coach and general manager Jacques Beaulieu to pen a lengthy letter of explanation to fans on the team's official website.

"It hurts," said Anthony, noting that the departure of close friends was the hardest thing to stomach. "But by no means are we packin' it in. We beat Gatineau 8-1, and if we come together and play like that, we can do some damage."

PHOTO COURTESY SAINT JOHN SEA DOGS



Halifax native Steven Anthony is carrying more of the offensive load for Saint John.

• Anthony was 92nd in NHL Central Scouting's mid-term ranking for North American draft-eligible skaters, released yesterday. Bedford's Brandon MacLean, a P.E.I. Rocket forward, is ranked 141st, while Halifax Mooseheads defenceman Gabriel O'Connor

checks in at 126th.

• The Victoriaville Tigres have placed Halifax's Alexi Pianosi on waivers. The 19-year-old blue-liner and former Subways star has a goal and 10 assists in 43 games this season. Teams have until today at 2 p.m. to claim him.

Sports in brief

NFL Indianapolis Colts head coach Tony Dungy officially announced his retirement at a press conference yesterday. Dungy spent the past seven years with the Colts, guiding the team to the playoffs each year. His crowning achievement came in the 2006 season when the Colts beat the Chicago Bears in Super XLI. "You really don't think about this or prepare something for when you retire," said a tearful Dungy. "I've been blessed."



Dungy

NFL The Denver Broncos introduced Josh McDaniels as their new head coach yesterday. McDaniels signed a four-year contract and becomes the 12th head coach in team history. The former Patriots offensive co-ordinator is just 32.

NHL The Boston Bruins placed forward Phil Kessel on injured reserve yesterday, as the emerging young star is battling mononucleosis. Kessel has played in all 42 of Boston's games this season, posting a team-best 24 goals with 17 assists for the top club in the Eastern Conference.

METRO NEWS SERVICES

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Laughing all the way to the bank

En route to the bank yesterday with his newly acquired millions, poker's latest whiz kid couldn't quite decide how he'd like his name spelled.

"I've spelled it Pooria, with an I, since I was little, but all my documents spell it Poorya, with a Y," he told me. "So what the heck? Go with the Y."

All rightie, then, **Poorya Nazari** it is. And rich is what this 22-year-old from Richmond Hill, Ont. is since collecting — and depositing — the \$3 million US he garnered for finishing first on the weekend at the PokerStars Caribbean Adventure, the largest tournament outside Las Vegas.

Nazari's initial buy-in online was a mere \$33, and he was one of 1,347 who qualified to participate in six days of play at Paradise Island in the Bahamas last week.

YorkReport

Marty York

marty.york@metronews.ca

"I seriously started playing online (at pokerstars.net) last December and I was doing well, so I realized maybe I can do this for a living," Nazari mentioned on his way to his bank. "Even when I was in school, I spent most of my time playing poker."

Nazari graduated with a biochemistry degree from McMaster University last month but "my marks suffered and I barely scraped by with a degree."

Doesn't much matter to him at this point, he said. Oh, and a warning to anyone planning to ask him for loans: "The answer, more than likely, will be no."

• After attending and observing the Caribbean tourney, incidentally, I've decided poker qualifies as a sport — a mind sport.

Players can't win without fierce, competitive mindsets. And one of the toughest is a diminutive dynamo from Victoriaville, Que. — **Isabelle (No Mercy) Mercier**, who gave up her law practice for poker and has made hundreds of thousands at the table. She's fascinating. To find out why, check out my feature on her in Metro and at metronews.ca later this week.

• In baseball, don't be surprised if the Blue Jays soon appoint Washington Nationals president **Stan Kasten** as their new prez. It's essentially a done deal ... Kasten is also ex-bossman of the Atlanta Braves, who, by the way, are close to signing two prominent free agents — pitcher **Derek Lowe** and outfielder **Adam Dunn**.

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue will be Feb. 10.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Empathy Suit mimics aging

JON TATTIE
for Metro Halifax

A Halifax professor has created an "Empathy Suit" to simulate the effects of aging.

Glen Hougan, who teaches product design at NSCAD University, says people who work with the elderly, or design aids for them, should strap on the suit to get an inside feel for the problems of growing old.

"As a society, we don't do a good job of understanding the aging process and then adapting our environment," Hougan said. "The Empathy Suit is great because you put it on and it's like: OK, I get it."

The suit restricts movement around the knees, hips, shoulders, elbows, neck, wrist and hands. A strap-on pot belly simulates weight gain and various mechanisms stoop posture. Two layers of gloves reduce tactility and simulate poor circulation. The legs are tied together to imitate reduced stride and bad slippers create poor balance.

As if that wasn't enough, goggles simulate a range of visual problems, from



Glen Hougan, left, helps Rich Collier of PBS into the Empathy Suit.

macro degeneration to eye hemorrhages and "floaters" — spots on your eyes. A straw gives the user a sense of what reduced lung capacity feels like and ear muffs reduce hearing.

"What does arthritis feel like? What does it feel like to not be able to bend over and tie your shoes?" asked Hougan. "Physiologically, it simulates what it might feel like as you age."

Products to help the aging have been stuck on ugly for decades, Hougan says, and that's going to change.

"The baby boomers are

coming through the system," he said. "A lot of the products right now are badly designed. They have that smell of the hospital to them, that cold, institutional look. They function very well, but man, they look ugly."

"The classic case is the orthopedic shoe — those big gorilla boots have been around for 40 years and haven't been redesigned. Can't we find a more elegant solution for the problem?"

Boomers will want aids that work well and look

"Physiologically, (the Empathy Suit) simulates what it might feel like as you age."

Glen Hougan

good. "I see a huge opportunity to redesign everything," he said. Better-designed products will also cut back on falls, improving quality of life and cutting health-care costs.

Hougan's Empathy Suit has attracted worldwide attention. On the day Metro visited NSCAD's waterfront campus, Rich Collier of PBS had flown in from Manhattan to film a segment.

"It does not take the place of talking to seniors; it's just an added tool," Hougan said. "It gives you a little bit of added insight."

Battlestar themes explored

RICHARD WOODBURY
for Metro Halifax

What does the television series *Battlestar Galactica* have in common with Virgil's *Aeneid* and Mary Shelley's *Frankenstein*? More than you might think.

"These are very fundamental stories of our culture," says Peggy Heller, the Foundation Year Programme director at the University of King's College. The overlapping theme is about how something turns against man.

In *Battlestar Galactica*, a group of humans flee into outer space, persecuted by the machines they created. In *The Aeneid*, a small group of survivors flee a burning city and are pursued by a vengeful god. In *Frankenstein*, a scientist creates a being in the likeness of man, but the creature turns against him.



A scene from the TV series *Battlestar Galactica*.

Heller first heard about *Battlestar Galactica* when a student did a presentation on it, but she didn't start watching it until a friend bought her the 2003 miniseries on DVD. "Within five seconds, I was hooked," says Heller.

"All science fiction probably raises questions about what it is to be human in relation to machines, technology in general, what's our future, what does it mean to live on an earth that might disappear," says Heller.

NOTICE OF DATE CHANGE

Saint Mary's School Review Meetings

The Halifax Regional School Board is currently conducting a school review of Saint Mary's School, a grade Primary to six school in Halifax.

Please be advised that public meetings originally scheduled for January 26th and 27th as part of the school review process have been rescheduled. The meetings will now take place at the following times:

Tuesday, February 17, 2009, 6 p.m.
Saint Mary's School
5614 Morris Street, Halifax

(if necessary)
Thursday, February 19, 2009, 6 p.m.
Saint Mary's School
5614 Morris Street, Halifax

The Halifax Regional School Board regrets any inconvenience caused by the change in dates.

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10 learning curve

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue will be Feb. 10.

Prof feted for blog

JON TATTRIE
for Metro Halifax



A Halifax professor of philosophy has joined Barack Obama on a list of the 100 most influential people in business ethics.

Chris MacDonald of Saint Mary's University earned spot No. 81 on the business think-tank Ethisphere Institute's list for his popular ethics blog, Businessethics.ca/blog.

"I'm keeping pretty swanky company these days," MacDonald jokes. His blog grabs business stories as they fly through the news cycle and pauses to look at ethical issues that aren't always obvious. Some of his favourite blogs have been about monkey waiters in Japan and the death of small book stores. He's also written about "free trade" in Afghanistan, which includes buying the job of police chief.

MacDonald has been blogging faithfully for three years, making him a seasoned veteran in the blogosphere. He started because he is interested in business ethics and because no one was blogging about it. "I kept assuming that others would jump on the bandwagon and I'd become irrelevant within a few months," he said. So



Chris MacDonald of Saint Mary's University.

far, he's pretty much the only regular business-ethics blogger and gets hundreds of hits a day.

"It's my way of working through issues by talking out loud," he says. "When a colleague e-mails me (business) stories, I blog my reaction and share it with a wider audience."

He goes into the nature and justification for markets themselves and ethical constraints on how commerce is carried out. In the post-Enron world, there is no shortage of writing about business ethics. "What I like to do is take a story that doesn't mention ethics and say, 'But do you see the ethical issue here?'"

He says he understands

that journalists have to be experts on three new topics a day, seven days a week, and don't have the time or resources to take things to a deeper level: That's when he steps in with his blog.

To celebrate his third "blogiversary" on Nov. 20 last year, MacDonald put together a greatest-hits list of posts. Go to the November 2008 archive and scroll down to the Nov. 20 issue to read his analysis of issues such as the "Tempest in a Timbit," when a Tim Hortons employee was fired for giving a way a doughnut hole.

"The recognition that a blog of a certain kind could have some influence is a very nice thing," he said.

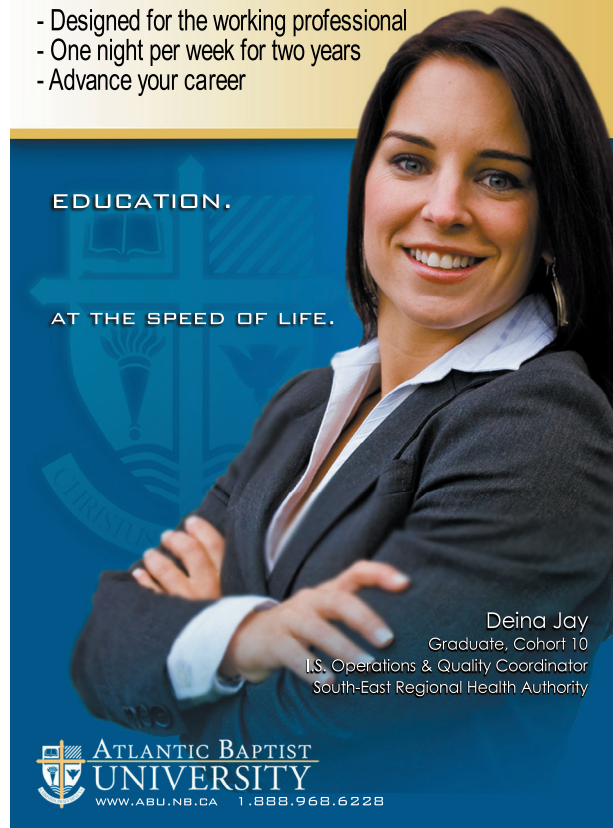
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Canadians find work depressing, survey says

NOELLE MUNARETTO
for Metro Canada



Canadians will awaken to face the most depressing day of the entire year on Monday.

"Blue Monday" was originally conceived by a British researcher who theorized that cold weather, holiday bills and broken new year's resolutions leave people down in the dumps.

However, a recent survey by Everest College and Harris/Decima found that more than 60 per cent of Canadians are actually feeling most unhappy about their work and the crumbling economy.

But, "there's a great opportunity to take advantage of the programs that are out there to go and get retrained," says Don Thibert, director of academic affairs for Everest Canada. "Never stop learning. You can never have too many skills."

Make a snow angel, help charity

Making angels in the snow now has a charitable twist. Simply upload a photo of yourself making a snow angel to curel.ca and the makers of Curel moisturizers will donate one dollar to Starlight Children's Foundation, which helps seriously ill children. **METRO NEWS SERVICE**



Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Cold increases heart attacks

Some need to consult doctor before shovelling

JOSEPHINE LIM
for Metro Canada



When the weather outside is frightful, keep bundled up and warm this winter because heart attacks are more likely to happen.

A study conducted by the Cardiovascular Thrombosis Research Centre at the University of Massachusetts found within a total of 259,894 cases of heart attacks, about 102,725 cases were reported in the spring, while about 157,169 cases were reported in the winter. That's an approximate 53 per cent increase in the colder months.

Dr. Milan Gupta, a cardiologist at the William Osler Health Centre in Brampton, says this happens for many reasons.

"One is simply the cold weather," he says. "The cold temperature increases blood pressure, which increases heart rate and increases inflammation in the body. All of these things indirectly increase the rate of heart attack."

A change in lifestyle, such as less physical activity, eating richer foods, more drinking, more smoking and weight gain during the holiday season also contribute.

One of the major causes for increased heart attacks



One of the major causes for increased heart attacks is snow shovelling. According to a recent study, there is an approximate 53 per cent increase of attacks in the colder months.

is snow shovelling, says Gupta.

Dr. Rakesh Bhargava, the director of Heart Care Research Coronary Prevention and Rehab Program in Oshawa, says it's the reason many experience their first heart attack.

"Basically people with a sedentary lifestyle are not used to doing sudden, big physical exertion, such as shovelling snow," says Bhargava. "There are some symptoms that are ignored and they think they don't need to worry about it."

Also, many people don't know the symptoms of heart trouble, he says. If a person is feeling heaviness

or pressure in the chest, shortness of breath, sweating or nausea, these are symptoms of Angina, a precursor to a heart attack.

"Some people don't take a rest and symptoms become much more intensified," explains Bhargava. "If it lasts longer than 20 minutes, it can lead to a heart attack."

A heart attack is when there's more severe pain or discomfort in the chest, as well as more intensity in the previous symptoms.

For those with high blood pressure, he suggests checking with a doctor before going out to shovel snow.

Those with known heart disease should also see a doctor first and ask for a treadmill stress test to measure their blood pressure, especially if they've experienced a heart attack within the last three months.

To avoid heart attacks, Gupta suggests having a

Shovelling tips

- Avoid caffeine or smoking before and while shovelling, keep well hydrated, dress warmly, pace yourself and listen to your body symptoms, advises Dr. Rakesh Bhargava, the director of Heart Care Research Coronary Prevention and Rehab Program in Oshawa.
- He also recommends people dress in layers, covering their neck and upper chest and wearing a scarf to cover the nose, just like skiers do.

JOSEPHINE LIM/FOR
METRO CANADA



A new study says it may be harder to ward off the flu if you are on a calorie-controlled diet.

Dieting could aid flu virus

DIET Here's a reason to postpone your diet. Restricting calories in the winter could leave you more susceptible to the flu.

A new U.S. study has found that mice were less able to fend off the influenza virus if they were on a calorie-controlled diet.

Researchers at Michigan State University who conducted the study warned that low calorie diets may inhibit the body's natural killer cells to fight infection.

Authors suggest waiting until warmer weather to restrict calories, since the flu virus is so virulent in the winter.

CELIA MILNE/FOR METRO CANADA

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Principal Investigator: Dr. K. Croitoru

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The first step to a healthy weight loss

Part 3

The elimination organs and their functions.

Why and how should you cleanse your body?

As we saw earlier, once your organs of elimination are congested, it is very difficult for them to carry out their functions adequately. It is therefore imperative that you ensure their proper functioning through the use of natural means that are suited to our contemporary lifestyles.

A complete cleansing program must include a liver depurative containing depurative medicinal plants.

When you think of how many functions the liver is responsible for, you will understand why it has been nicknamed the "Laboratory of the Human Body".

The liver is also acknowledged as a toxication site that handles all the contaminants that find their way into the food you consume, e.g., preservatives, additives and hormones.

The liver stores good nutriment and rejects toxins.

Furthermore, to eliminate all of these toxins, it is essential to use a natural diuretic because the kidneys are your natural filters. Don't wait until these organs are all clogged up because, if you do, you'll suffer the consequences.

And finally, to complete this cleansing program and revitalize your intestinal flora, you should include a cholagogue to eliminate the old bile and rejected wastes from the bowel.

You will then have a truly complete cleansing program that acts in synergy with your entire body.

I therefore advise everyone who wishes to stay fit to undergo an internal cleansing cure that promotes better food assimilation.

A cleansing cure will allow you to lose some of the bloating and even lose a few pounds!

When should TRIOLAX be used? *To be continued on January 15th...*

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Recession romance

Tips on helping your relationship endure

The J Spot

Josey Vogels

Sex talk with Josey

You can hardly turn a newspaper page these days without someone offering strategies on how to "recession-proof" something.

Recession proof your portfolio, your career, your business, your pet's retirement savings plan. How about recession-proofing your relationship?

There's no doubt that with the impending economic challenges ahead, relationships will feel the strain. Losing your job or your home or falling on hard financial times are almost never-to-do suggestions in any of those how-to-strengthen-your-relationship guidebooks.

In her predictions for 2009, Petra Boynton, a U.K. sex educator (drpetra.co.uk) foresees "increased separation and divorce rates, substance and alcohol abuse, violence within relationships, and extramarital activity."

A lost job, for example,



Financial troubles can take a toll on your relationship. Keep things going strong by identifying and sharing ideas on how you can save money.

not only results in financial strain, but there can be psychological problems faced by the person who is unemployed that can lead to tension, arguments, blame and worry. Also,

as people cut back on spending, they won't be able to enjoy activities that have usually helped them bond as a couple, like travelling or nights out together.

In order to "recession-proof" your relationship, Boynton suggests working

together to identify any areas where you can save money:

- Draw up a budget to see if you are wasting any cash.
- Seek financial advice if things are difficult.
- Remember

There's no doubt that with the impending economic challenges ahead, relationships will feel the strain.

ber that you don't have to spend money to enjoy being together. Come up with a list of free or low-cost activities — a walk in the local park, an evening where you cook a meal you share by candlelight, doing volunteer work together.

• Speak up about your concerns now. Financial issues have a habit of getting worse if you ignore them.

If and when problems do come up, be sure to offer each other support rather than trying to "fix" each other's worries, adds Boynton.

If things get really tough, counselling, either individually or as a couple, may help.

However Boynton warns, don't go this route just because someone on TV or in a magazine tells you to. Less reputable "therapists" or "coaches" may take advantage of the situation to get through their own financial crisis by convincing you their services are the only way to survive.

By working together and taking the right steps to recession-proof your relationship, it may be that the financial crisis does indeed end up strengthening your relationship after all.

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Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Madagascar leads foreign box office

Madagascar: Escape 2 Africa led the foreign box office for the fifth time in six weekends. The animated sequel earned an estimated \$15.8 million US from 61 markets, pushing its total to \$366 million. **REUTERS**

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA



Barely Legal

Singer/actress Hilary Duff is attached to play a young lawyer in a new Fox sitcom called Barely Legal.

REUTERS

Indie rock's lost voice

BRYAN BORZYKOWSKI
for Metro Canada

There are plenty of terrible things that can happen to a band on the road, but almost nothing can derail an up-and-coming act like a singer busting her vocal chords. That's what happened to Land of Talk, an infectious rock trio that could soon oust Arcade Fire as the most talked-about Montreal band.

During the band's September tour, lead singer Elizabeth Powell lost her voice for 15 days while on a stint as the female lead in Broken Social Scene — she officially joined the group last week. Pre-existing problems with her pipes means the eclectic front-woman is headed for surgery and will likely be out



Land of Talk's Elizabeth Powell — who recently joined Broken Scene as lead female vocalist — lost her voice on tour last fall. Now she needs surgery and will be out of commission until at least April.

of commission until at least April.

It's bad news for an act that international audiences are just becoming familiar with. "This is so classic," she says, her voice a little raspy, over the phone from Montreal. "Right

when you have momentum something drastic happens. Every time things start going well for us a band member quits or a family member get sick. I'm starting to think this is life."

While this setback is serious, it's not going to stop

Land of Talk entirely. The vigorous Metric-meets-Sonic Youth three-piece band plan to write and record during the hiatus. "This is probably the best thing for me and the band in a way," says Powell. "We put out an album in the fall and it was great, but we have a lot of things to work out still."

Up until now they've received rave reviews from the likes of Spin Magazine and Rolling Stone, they've toured Europe and North America and they call Saddle Creek, Bright Eyes' label, home.

"A lot of people have been saying nice things about the record, but unless you're out there you don't feel it," she explains. "We stopped touring a few weeks ago and already I feel very detached."

DVD picks

The Wackness

Director: **Jonathan Levine**
Rating: **18A**

LIKE JAMES FRANCO'S

character in Pineapple Express, Josh Peck plays a drug dealer in The Wackness, a film far gentler and more insightful than its surface glibness implies. But Peck's Luke is nowhere near as mellow as Franco's Saul.

It's the summer of 1994, an era pointed to by the title slang in which things that are bad are "wack" and things that are good are "dope." Things are wack for Luke even though he's making major coin selling dope from an ice cream cart on the broiling streets of New York City.

"Do you ever feel kind of

like a f-k up?" he asks his shrink Dr. Squires (Ben Kingsley), who has every reason to answer in the affirmative. Dr. Squires is having his own life issues. His wife Kristin (Famke Janssen) despises him and his stepdaughter Stephanie (Olivia Thirlby) treats him with contempt. The doc medicates his problems by smoking the weed Josh gives him as payment for psychiatric sessions.

The Wackness is almost too quirky to be believed, and this Sundance sensation frequently treads towards the squishy ground of contrived characters with dialogue. But director-screenwriter Jonathan Levine has learned a trick or two since his first feature, All the Boys Love Mandy Lane, heading soon to a DVD delete bin near you.

TORSTAR NEWS SERVICE

American Idol returns tonight

TV American Idol returns for its eighth season tonight with a new judge, a better showcase for talented singers and a wary eye on its status as America's most-watched television show.

The five-month search for a new star kicks off with a two-night, four-hour premiere featuring the familiar blend of hundreds of hopeful, and sometimes hopeless, contestants auditioning in cities across the nation.

REUTERS

GlobalStyle



Kenya Hunt

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IntelleVision



Rick McGinnis

Read it at metronews.ca

	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
1/13/09	31	31	31	ABC	News (N)	ABC Wild News	State of the City Address.	Homeland Security USA		Scrubs	Scrubs	Primetime: You	
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Cold Case		Law & Order		Without Trace	
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	Wild Roses (HDTV) (N)		CBC News: The National		The Hour	
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	La Factice		Providence (HDTV) (N) (SC)	Roxy (N) (SC)	Grosse vie	Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment		NCIS "Broken Bird" (N)	The Mentalist (HDTV) (N)		Without Trace
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags	Histoires-filles		La Fièvre de la danse (SC)	La Promesse (HDTV) (N) (SC)		TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	90210 (HDTV) (N)	NCIS "Broken Bird" (N)		Kitchen Nightmares		News (N)	
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU	American Idol (HDTV) (Season Premiere) (N)				News (N)	
	10	10	10	ELTV	(6) EastLink Television				Podium TV		EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) (Season Premiere) (N)				Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser (N)				Law/Ord SVU
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour		CBC News: The National		Sex in Heaven
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	One on One	Nova (DVS)			The Ascent of Money (N)		
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Nova (DVS)			The Ascent of Money (N)		
	68	68	68	TQS	(6:30) Le Retour (SC)	Catherine (SC)	Piégé Zézé	Le Grand rire Bleue (SC)		Men in Trees: leçons		110 pour cent	
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Squeeze Play	Market Call	
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight			Campbell Brown: No Bias	Larry King Live		Cooper 360	
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10	Top 10	Top 10	
	52	52	52	RSE	Prime Time Sports	Overtime	NHL Hockey	Carolina Hurricanes at Ottawa Senators. (HDTV) (Live)				Sportsnet Con.	
	55	55	55	SCOR	Hockey Talk	Game On	Cabby Unlimit	Court Surfing		NBA news, scores and highlights.		Score Tonight	
news	45	45	45	SPD	NASCAR Pre.	Pass Time	Barrett-Jackson	Automobile Auction (HDTV) Tuesday action from Scottsdale, Ariz. (Live)					
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Strongest Man	Boxing Tomasz Adamek vs. Steve Cunningham.		SportsCentre		
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	That's Raven	Zack & Cody	Natural-Sadie	Han. Montana	Ned's School	
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	
	26	26	26	TREE	Max & Ruby	Backyardigans	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	
	27	27	27	YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	
	16	16	16	A&E	CSI: Miami "Identity"		CSI: Miami (HDTV)	The First 48 (HDTV)			The First 48 (HDTV)		Manhunters
	70	70	70	APTN	News		Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts
	50	50	50	BET	106 & Park: BET's Top 10 Live				Hollywood Shuffle *** (1987, Comedy), Helen Martin				Soul Plane
	37	37	37	BRVO	Street Legal		Life Bruce Cockburn		At the Concert Hall		Chantal -- Live at the Pyramids		
family	25	25	25	CMT	Cross Canada Countdown				Home Improve.	Home Improve.	Reba	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas		The Simpsons	South Park	S. Silverman
	153	153	153	COURT	Killer Next Door		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Killer Forensics		Police Videos
	38	38	38	DISC	Canada's Worst Driver		Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)	Race: Iditarod
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin-Justin
	46	46	46	HIST	Ultimate Engineering		NCIS "Faking It"		Ultimate Engineering		Ax Men		NCIS
	17	17	17	MM	disBand	Technical Diff.	Degrassi: Next		Gone Wild	Gone Wild	Video on Trial	Video on Trial	Degrassi: Next
	19	19	19	MMM	MusicProfile	mmmtop10.com		Where You At	Popaganda "Sellebrity"		Listed		Celeb Wrestle
	201	201	201	M1	(6:35) Final Verdict		(8:15) The Derby Stallion (2005, Drama), Preston Brant				P.S. I Love You ** (2007, Romance)		
	48	23	23	OLN	American Gladiators		Bounty Hunter	Dakar Rally	Survivorman		Mantracker "Buck & RJ"		Bounty Hunter
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Dumb and Dumber ** (1994, Comedy) Jim Carrey.				Steve Harvey
	206	206	206	PIX	(5:30) Bird (1988)		(8:15) Little Criminals (1995, Crime Drama)				Wonder Boys (2000, Comedy-Drama)		
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		Le Club des ex
	39	39	39	SHOW	Wife Swap		The Outer Limits		Mutant X		Testees	Trailer Park	House
	40	40	40	SLICE	X-Weighted "Jen"		Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade		Rich Bride, Poor Bride		End of Leash
	47	47	47	SPACE	Stargate SG-1 "Holiday"		Lost "Eggtown"		Lost "The Constant"		The Dresden Files		Destin. Truth
	14	14	14	SPIKE	CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		UFC Unleashed		Unleashed
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Off the Leash	Tonight Show
	21	21	21	TLC	What Not to Wear		Little People, Big Dreams		Little People	Little People	Sextuplets and Twins		Sextuplet-Twin
	56	34	34	TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
cable variety	20	20	20	TV5	Que.-champion	Journal de Fr2	A communiquer		Les Bébes animaux		Chez Maupassant		Facteur
	28	28	28	V	Doc "Some Gave Ail"		Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap (Part 2 of 2)		Deadly Silence
	60	97	97	VIVA	Mysterious Ways		Judging Amy "Imbroglia"		Mediums: Dead People		The West Wing		Encounters
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Extreme Celebrity Debt		Style by Jury	Style by Jury	Good Naked
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	90210 (HDTV) (N)		Privileged (HDTV) (N)		WGN News

critics' corner

American Idol

And here we go again! Television's hottest competition starts as it always does, with footage from the early audition rounds, where judges Simon Cowell, Paula Abdul, Randy Jackson and new addition Kara DioGuardi try to find the truly talented. In addition to a fourth judge, changes this season include expanding the number of semifinalists to 36 and bringing back the wild-card round. 9 PM on CJCH FOX



Wild Roses

In this new episode, Kate and Lucy (Michelle Harrison, Sarah Power) are caught rustling a bull from the McGregors after their own breeder bull dies. David's (Gary Hudson) determination to get his hands on Rivercross is ramped up by the news that there may be oil under it. 9 PM on CBC

A Deadly Silence

One-third of the murder victims in Toronto over the past five years were young black men killed by other young black men. This new documentary puts a human face on that statistic by telling the story of one of those killings and its effect on the victim's family. It's also the story of mothers channeling their grief and anger into doing something to stop this epidemic. 11 PM on V

Celebrity Buzz

A-Rod moves on from Madge?

RELATIONSHIPS Looks like A-Rod's forgotten all about Madonna. Yankees slugger Alex Rodriguez has allegedly moved on from the pop superstar and is now dating actress Kate Hudson, according to Page Six.

The two were spotted enjoying a three-hour dinner in New York recently, and eyewitnesses say they were getting very cozy. Though the dinner was with a group of friends, the two headed out to a bar together afterward.

METRO NEWS SERVICES



Daniel talks secret tattoos

PEOPLE Daniel Craig has a secret intimate tattoo, femalefirst.co.uk reports.

The James Bond star has confessed he has a piece of body art only people who have seen him naked can describe, the website says.

Speaking to talk show host Jay Leno, Daniel said: "I have a couple of tattoos where you'd see them. There's another where you wouldn't. It's hidden away."

The hunky 40-year-old actor didn't describe the rude artwork, although it is believed to start with the letter H.

The Defiance star insists he doesn't regret any of his inkings, which include a design on his right upper arm and one on the inside of his right calf.

METRO NEWS SERVICES



Amy faces lonely vacay, divorce

DIVORCE Amy Winehouse is having a bad week. She is said to be distraught over the departure of 21-year-old British actor Josh Bowman who she struck up a romance with — despite being married to jailed Blake Fielder-Civil — while staying at the Le Sport resort on the Caribbean island of St. Lucia, femalefirst.co.uk reports.

Meanwhile, the jailed husband of the singer has started divorce proceedings against her, according to people.com.

The website says Fielder-Civil has instructed a lawyer to file papers. "I can confirm that I have been instructed to commence divorce proceedings on the grounds of Amy's adultery," Henri Brandman told People.

The singer's dad Mitch is flying out to St. Lucia to console his daughter, after her new boyfriend flew



METRO NEWS SERVICES

home from his vacation on the island with his mother and grandmother, femalefirst.co.uk says.

A guest at the hotel told Britain's The Sun newspaper: "Amy was very upset. She was in tears and kept telling Josh she loved him and would see him again soon."

A source added: "Amy has been calling Mitch every day to tell him she is totally besotted. Mitch wants Josh to know he will have their support."

Amy, 25, has credited her meeting Josh and the Caribbean break for changing her outlook on life.

Fergie and Josh on honeymoon

MARRIAGE After leaving their wedding party after 2 a.m. Sunday, Fergie and her new husband — the freshly minted Mr. and Mrs. Josh Duhamel — left that same afternoon for a tropical honeymoon, people.com reports.

The singer, 33, and the actor, 36, had tied the knot at the Church Estates Vineyards in Malibu.

When the newlyweds arrived at Los Angeles International

airport around 2 p.m., Fergie showed off multiple plain and diamond studded wedding bands.

"They pulled up in a limo SUV, and Fergie got

out first and smiled. She looked so happy. After Josh got out with a carry-on bag, he immediately grabbed Fergie's hand in a very loving and protective way," one eyewitness tells People.

"Fergie said that the wedding was amazing before Josh chimed in and added that the wedding was great."

Asked if she will have any kids soon, Fergie said jokingly, "I'm pregnant with twins," the magazine adds.

METRO NEWS SERVICES

J.Lo and Marc hop on Obama bandwagon?

POLITICS Jennifer Lopez and hubby Marc Anthony have found a way to bask in Barack Obama's glow — even though they didn't publicly support him until after he got elected, reports the New York Post's Page Six.

The gossip column reports Anthony agreed to sing and Lopez said she would "speak" at the Latino Inaugural Ball in DC on Jan. 18, two nights before the swearing-in. But some Latinos for Obama are furious that the wealthy couple didn't support the Democratic nominee until he won.

One power player called them "vile opportunists for worming themselves into anything Obama related even though they had nothing to do with his win."

According to the source, Anthony refused to perform for Obama during a crucial get-out-the-Latino-vote event in Orlando, Fla., two weeks before the election and Lopez refused to endorse Obama unless he called her himself, which he didn't. The Orlando event went on without

them and featured Bill Clinton and Jimmy Smits.

The Latino Ball, at Union Station, is scheduled to attract a list of boldface names, including Rosario Dawson, Wilmer Valderrama and Ugly Betty actor Tony Plana.

METRO NEWS SERVICES



Fur flies, claws come out for Palin and Fey

PEOPLE Sarah Palin doesn't understand why Tina Fey, a winner again for 30 Rock, was hailed as 2008's entertainer of the year, and Fey doesn't understand why Palin doesn't understand, eonline.com reports.

"I don't understand it, either," Fey told E! after

winning at the Golden Globes on Sunday night. "There are a lot of things that she and I don't understand."

E! tried to get Fey to comment on Palin's criticism of the Bristol Palin-inspired Saturday Night Live crack

about teenage marriage, but Fey wouldn't further provoke Palin. "No reaction," Fey told the entertainment show.

METRO NEWS SERVICES



Comeback too soon, Brit's ex-manager says

CAREER Britney Spears' former manager is speaking out about her current comeback. Johnny Wright — who parted ways with the singer in 2003 and sued her in 2007 for money he was owed — thinks that Britney's return to showbiz is too soon.

"A comeback is not what I wish for Britney," Wright told OK! Magazine. "All her essential relationships have been torn apart."

"She's been divorced twice, she

doesn't have custody of her kids, she's being pushed back into being a money machine."

METRO NEWS SERVICES



Duchovny talks treatment

PEOPLE In his first public appearance since seeking treatment for sex addiction, David Duchovny expressed his thanks for his family for standing by him, us-magazine.com reports.

"I'm thankful for so much," he said on E!'s red carpet before the Golden Globes. "I'm just most thankful for my life and my family. My wife and my kids — the simple things in life. My gratitude opens my heart every day."

I feel blessed."

Last summer the actor voluntarily entered rehab "for the treatment of sex addiction." He and wife Tea Leoni later announced they were separating, but remain on friendly terms.

"You do change ... it's all about the actions," he said when asked about his past year. "I hope the people close to me and my loved ones feel the change."

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